



Frequently Asked Questions

Answers from Tyler LeBaron, <http://www.molecularhydrogeninstitute.com>.

1. People are reporting feeling nausea after taking H2Viva Tabs after a week or so. What is happening here?

If people are feeling sick it could easily be a correlation and not a causation, but regardless there is no risk of toxicity by ingesting the small amount of important mineral magnesium, and hydrogen gas is void of toxicity at levels significantly higher than what the tablet provides. Hydrogen doesn't build up in the body, but any excess is just breathed out by the lungs. In some people, hydrogen gas appears to help alleviate constipation and may even promote loose stools, which can be considered a cleansing effect.

2. If H2Viva Tabs are dissolved in water and left longer than 20mins (with no head space in the container) say for 4-6 hours, what is the effect when taken?

It is fine to leave the water sitting for more than 20 minutes. Many people like to prepare the bottle the night before and then drink it in the morning. The concentration of hydrogen is still very high, and sometimes higher; although it could be lower if you're using those cheap 10 cent plastic bottles.

3. What's the difference in effect by waiting 5 vs. 20 mins in dissolving the molecular hydrogen?

The only difference between waiting 5 min vs 20 min, is that in 20 min more of the reaction has occurred and more hydrogen gas is produced, and the pH is more alkaline.

4. Can I add flavor to H2Viva?

Yes! Lemon or essential oils like citrus or cinnamon are wonderful ways to add some pizzazz. However, DO NOT add any flavoring agent at the beginning when making your hydrogen water, use only the water and the tablet per the instructions. Anything else will upset the delicate chemistry that takes place. Once the hydrogen reaction is complete (15-20 mins) and your water is at full saturation, you can add flavoring and enjoy!

4. Are there any contraindications from ingesting H2?

No.

5. Can I get the same benefit from food grade hydrogen peroxide?

While popular in some health circles for many things from sterilizing drinking water to reputed therapeutic benefits for specific ailments, food grade hydrogen peroxide [H₂O₂] has no similarity to dissolved molecular hydrogen [H₂]. Hydrogen peroxide is a strong oxidizer and is used as a bleaching agent and disinfectant. Molecular hydrogen [H₂] is a reducing agent/anti-oxidant.

What is the cost per dose and the suggested dose per day?

H2Viva tablets cost \$1 per dose and the recommended daily dose is 2 tablets per day – one in the morning and one in the afternoon/early evening. The bottle is 60 tablets or a one month supply.

Can you overdose on H2?

No. In fact some studies regarding specific disease models indicated that with H₂, more is actually better. Any excess H₂ simply escapes as a gas.

So if the H2Viva tablets produce more H2 then is "more better"?

There are studies of some specific disease models that indicate that with H₂, more is actually better.

Are H2Viva tablets explosive or combustible?

No.

Do H2Viva tablets micro-cluster the water?

No.

What are the ingredients in H2 Viva Tabs?

A proprietary patent pending hydrogen formula. Other ingredients are magnesium, magnesium malate, magnesium fumarate 50mg. 10%.Mannitol, magnesium malate, magnesium, magnesium fumarate, malic acid, fumaric acid.

Questions related to Water Ionizers and other Hydrogen products

Are there any studies on the H2Viva tablets?

No direct studies on the product – yet! However it is important to say that of the available research, approximately 75%-78% was performed with hydrogen (H₂) saturated water. H2-Viva is the only tablet available that produces H₂ saturated water! Check out [Molecular Hydrogen Institute](#) for more info.

Does my water ionizer make molecular hydrogen?

Yes. Water ionizers produce H₂-rich water through electrolysis. At the cathode, H⁺ ions are converted to H₂ hydrogen gas. The decrease in H⁺ ions results in a more alkaline pH. Most home water ionizers produce about 0.1 – 0.3ppm of H₂ at pH9.5. Higher pH levels are typically not palatable, but higher H₂ concentrations are possible when flow rate is reduced. The good news is that we have tested water from the top AlkaViva models, the Vesta and Athena, and they tested very effective for producing H₂!

Is –ORP the same thing as molecular hydrogen?

No. The Oxidation-Reduction Potential can be indicative of the presence of molecular hydrogen, but it is not a measurement of the concentration. You can have –ORP without molecular hydrogen.

Any correlation with H₂, pH and ORP?

Not any direct correlation. You can have high pH and –ORP with without any H₂. Conversely you can have strong –ORP with a high saturation level of H₂, and you can also have high pH without any –ORP or H₂. The tablets produce H₂ directly and they also increase pH and –ORP.

How do H₂Viva tablets and water from my ionizer compare?

Most home water ionizers produce about 0.1 – 0.3ppm of molecular hydrogen at pH of 9.5. The tablets can produce up to 4ppm. This method achieves concentration of molecular hydrogen at near saturation (1.6 ppm). This concentration makes it possible to ingest a greater quantity of molecular hydrogen without consuming large quantities of water, [1 liter vs 10 liters]. The tablets are suggested as a supplement to be used twice daily. Ionized water can still be consumed throughout the day – in fact we think this is the optimum approach!

Can I use water from my ionizer with H₂Viva tablets?

Yes. You will theoretically achieve higher concentrations of H₂ if electrically ionized water is used, however you will also achieve higher pH levels. While there is research that shows with H₂ “more is better”, higher pH levels are typically not palatable.

Why H₂Viva? How does it compare?

In answering this you have to look no further than the research. Approximately 75% - 78% of the research was conducted with water saturated with molecular hydrogen gas (H₂). H₂Viva tablets are the only product available that super-saturate your water with H₂ gas. They are easy to use, affordable, fast acting, portable and produce the highest H concentration of any product available.

What about ingestible H₂ tablets?

There are two products on the market. SevenPoint2’s 7.2 Recovery with HydroFX and PrimoH₂. These appear to be the same product branded differently. Anecdotal evidence suggests some benefit however:

- Again, its smart to look at the research. Only two papers are published on ingestible tablets - both performed on athletes.
- Further, the oral tablets have a very low solubility. If you drop one into water - see how slowly they react. Even by placing it an acidic solution (like pure vinegar) to mimic a gastric environment, the solubility is still relatively low indicating it may take a couple of hours to get all the H2 from an oral.
- Lastly, an oral mimics the production of H2 from intestinal bacteria, which produces a slow and continuous exposure. One study¹ showed that a continuous H2 exposure from bacterial production was not effective for the Parkinson's disease model, while intermittent H2 exposure from drinking H2 rich water was effective. H2Viva tablets create an intermittent exposure.
- Note: The Sevenpoint² product also promotes pH and –ORP in the marketing. When comparatively tested using 500ml of water, H2Viva tablets can produce up to 4x the amount of H2, and also produce great pH and –ORP.
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What about products that claim the benefits of hydrogen bonded to silica?

The two products of this nature on the market to date are Source Naturals HydrogenBoost and Dr Patrick Flanagan's MegaHydrate – which appear to be a similar product branded differently.

- Again, it's smart to look at the research. To date there is not a single paper published on this type of hydrogen delivery method.
- These products are supplements, which essentially provide a source of negatively charged hydrogen ions bound to silica. Consuming a hydrogen ion – regardless of what it is bound to - is a totally different thing than consuming water saturated with H2 gas. The only thing in common here is the word hydrogen. H2Viva tablets are the only product available that super-saturate your water with H2 gas.

What about Hydrogen Sticks?

There are a number of hydrogen sticks available on the market. Hydrogen sticks produce H2 gas.

- Performance is best when the stick is new and degrades over time.
- It has been reported that a new stick, using purified water with a mildly acidic pH and waiting approximately 30 minutes or longer can produce saturation levels over 1.5ppm.
- How long the stick can consistently produce that level of performance has not been determined, nor is there data on exactly how long you have to wait for the reaction to produce it. Clearly longer wait times are required.
- The beauty of H2Viva tablets is they produce a consistent saturation level at approximately twice that of a new stick in half the time. They are more powerful, more consistent, work faster. Every time and anyplace you have potable water!